

Art for the 'Health of It'!

9th January 2025

January Joy a time for New Beginnings!

During this class we make use of the function of art processes to Relax and Unwind. De-stressing from the ups and downs of life is a priority here. This is our space to create and unwind.

The outcome is less important than the process. Therefore there is less focus on the principles of art and more emphasize on the processes and interpretation.

As we begin a New-Year and venture into 2025 together, we can take inspiration from Nature and how it constantly evolves and continues to over awe us with beauty and breath-taking surprises.

SUMI-E challenge.

Paddy-Field

Materials

(During these lessons I use materials and equipment sourced from Seawhites of Brighton. A leading British Educational Supply company via their own Artesaver online store.

<https://www.artesaver.co.uk/>

Discount available to Goldster attendees using code- JS10)

2H,HB, 2B pencils, eraser,sharpener

Sumi- e brushes, paper, ink

Or watercolours and brushes.

Water pot

Paper towel



Image supplied –unsplash

